

NEWPORT INSTITUTE FOR DENTISTRY  
1401 AVOCADO AVENUE, SUITE 206  
NEWPORT BEACH, CA 92660  
(949) 720-0200

---

## ***Wound Care Instructions for 6 Months on Surgical Site only***

1. Brush surgical site using a soft toothbrush.
2. Use roll technique when brushing surgical site. Ten strokes for each area (Pls. ask assistant or hygienist to demonstrate).
3. Waterpik can be use at the lowest mode. Direct waterpik from the tongue side of your teeth. (**NEVER** on the cheek side).
4. **DO NOT** use electric tooth brush for **6 months**.
5. After 6 months from surgery, electric tooth brush can be use and should be held like a flute. (Toothbrush is held by the fingers, never in the palm of your hand to prevent from pressing too hard)
6. Floss through teeth without touching gum. Don't "rope-burn" gum.
7. In case you see another doctor for cleaning, remind the office not to measure or clean below your gums for 6 months. No crowns/veneers should be done until 6 months after surgery.

---

***Keep in mind that following the post-op care is very critical to the outcome of your surgery. In order to achieve maximum result, the post-op care will need to be followed with no exceptions. Please call the office for any questions.***

---